

# RGU ECHO work in progress

## Presentation notes

### Slide 1

[No notes.]

### Slide 2

[No notes.]

### Slide 3

The welcome page has the main topics across the top and a choice for students - "quick fixes" or "need a bit more". This helps the student retain control and quickly get to the information they need. On each page there is an emergency contacts "yellow sticky", in case people need to abandon the resource and get urgent 1-to-1 support, which is provided on a 24/7 basis.

### Slide 4

This is the "quick fixes" section, which has the top four activities that help engineering students with their wellbeing. All of the activities have been trialled on either engineering students or students as a whole, and have been shown to support mental wellbeing. In particular, the breathing section has been explored more deeply with engineering students.

### Slide 5

We firstly introduce breathwork and contextualise its importance, by referencing the impact of breathing exercises on engineering students. We include videos with which students can follow along, and a GIF that helps people do "square" breathing - a handy technique to support anxiety reduction. A text guide is also provided. This structure is the same in the other three activities.

## Slide 6

In the "need a bit more" section, we present the existing work of Student Life, but in a format that fits the ECHO structure. We anticipate that these will be updated over time, in alignment with guidance provided by Student Life.

## Slide 7

We also included a "myth-busting" FAQ section, most of which is taken directly from Student Life and adapted for ECHO. We have also flagged up the three main comments from engineering students in Jo's interviews and the co-design project last year.

## Slide 8

We are at the start and will keep gathering data over the semester, to see if there are any particular peaks that match with deadlines/exams, etc. Students can provide anonymous feedback through the sit, but we may ask for feedback through staff-student liaison or the student rep system as well. We will also ask if there has been a change in activity at Student Life. We hope to report on progress each semester.

## Slides 9 and 10

[No notes.]